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Your essential daily news | WEEKEND, NOVEMBER 25-27, 2016

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## THE STATE OF HALIFAX

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# 5

## THINGS TO DO IN HALIFAX THIS WEEKEND

There's lots of holiday hoopla. Appreciate a Scotch whisky tasting and Frog Prince performance at the Pond Playhouse. **YVETTE D'ENTREMONT METRO**



### 1 The Advent Show

This annual musical prelude to Christmas features professional local singers, dancers and musicians performing pop, gospel, classical and folk music. The event raises funds for the region's homeless and marginalized. This year's show at the Spatz Theatre runs Thursday and Friday night at 7 p.m. with Saturday shows at 2 p.m. and 7:30 p.m. Tickets are \$25 to \$30. [www.adventshow.com](http://www.adventshow.com).



### 2 Scotch Whisky Tasting

Join fellow connoisseurs Friday night from 7:30 p.m. to 10 p.m. for a guided tasting of selected single malt scotch whiskies accompanied by fine local food and live music. The fourth annual event overlooks Dartmouth's Lake Banook, with proceeds supporting the Nova Scotia division of The Duke of Edinburgh's International Award. Tickets are available through [eventbrite.ca](http://eventbrite.ca).



### 3 Halifax Tree Lighting

Get in the holiday spirit and enjoy fireworks, a visit from Santa and live stage performances during the annual Halifax tree lighting ceremony at Grand Parade on Saturday. The free event runs from 6 to 7 p.m. Feed Nova Scotia will be onsite accepting non-perishable food and/or cash donations.



### 4 Victorian Christmas

The historic fort takes on a festive feel this weekend with Victorian carols, music, crafts, games, hot cider and Father Christmas. Admission is free with a Feed Nova Scotia donation (non-perishable food item or cash). The family-friendly event is open Saturday and Sunday from noon to 4 p.m.

### 5 The Frog Prince

The Pond Playhouse is the perfect place to "jump" into this family-friendly production. Will the coronation feast be prepared on time? Will Justin Bieber sing the royal anthem? Will the mystery of the disappearing breadcrumbs ever be solved? For the answers to these and other "pond-erous" questions, check out the Theatre Arts Guild website ([www.tagtheatre.com](http://www.tagtheatre.com)) for showtimes. Varied matinees and evening performances will run from Nov. 24 to Dec. 10. Tickets range from \$15 to \$18.

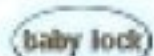


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# Reducing sheriffs a 'scary' move

LAW ENFORCEMENT

## Union worried police escorting prisoners won't be protected

**Haley Ryan**  
Metro | Halifax

Cutting back the number of sheriffs on prisoner escorts is a "scary" move according to their union, but the province said it's just better "allocation of resources."

After chaos broke out in a Halifax courtroom last week when a crowd of people rushed at a man in custody, knocking over a sheriff, the NSGEU said they were told the justice department is looking to reduce the number of deputy sheriffs used to escort prisoners.

"We felt we were ill-equipped at the time ... and now you're saying 'yeah you should work with less?'" NSGEU president, Jason MacLean, said Wednesday about the court appearance of Carvel Clayton, who is charged with the recent homicide of Shakur Jefferies.



Sheriffs secure a courtroom at Halifax provincial court after an chaos erupted last week at the court appearance of Carvel Clayton who is charged with homicide. JEFF HARPER/METRO

MacLean said the union was told last week that due to "budgetary" issues, there's not enough money to always employ two sheriffs for one prisoner while escorting them back and forth to jail and the courthouse.

Until now the ratio has al-

ways been at least 2:1 to keep the sheriff's from becoming overpowered by a prisoner, MacLean said, and ensuring there is a witness if anything inappropriate was alleged to have happened.

However, Justice Minister Diana Whalen said Thursday

they're only in discussions about changing the assessment process on how many sheriffs escort a prisoner.

If threat levels were determined on a case-by-case basis, Whalen said it might not always be necessary to have two sheriffs to one prisoner if they

**"We felt we were ill-equipped at the time. And now you're saying 'yeah you should work with less?'"**

NSGEU president  
Jason MacLean

were low-risk.

In light of the Clayton case last week, Whalen said they are looking at how to better respond to threats, and more resources could be moved to high-profile cases like that one, from some who might need less sheriffs.

Whalen said she doesn't think the department would "save anything" with such changes, since "it's not intended to be a cost saving, it's just a better allocation of resources."

But MacLean said they were told the reduction is indeed a budget issue, and work refusals could mount since sheriffs might feel anxious working alone. If an attack does happen, "people are going to get hurt," MacLean added. "It's very scary."

ASSAULT

## Employee injured in robbery

**Philip Croucher**  
Metro | Halifax

Police say a convenience store worker in Halifax was assaulted during a robbery attempt on Thursday afternoon.

Halifax Regional Police say around 12:50 p.m., officers were called to Fenwick Convenience on South Park Street after reports of a man walking behind the counter and demanding cash and cigarettes.

"The store employee told the suspect to leave from behind the counter," a police release stated. "The man then punched the employee and left, empty handed, on foot and headed south on South Park Street."

A police K9 team searched the area for the suspect but he couldn't be found. He's described as a white man between the ages of 20 and 30, thin build, clean-shaven and a buzz cut. He was wearing a long beige trench coat and blue jeans.

The worker behind the counter wasn't injured.

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## HOMICIDES IN HALIFAX

# Reverend calls for 'family' talk

## VIOLENCE

## Meeting to be held for community to seek solutions



**Adina Bresge**  
For Metro | Halifax

A Halifax reverend says the city's African-Nova Scotian community is like a "family," and in the wake of a spate of violence that has claimed the lives of seven black men over the past year, it's time for a family talk.

"In a world that has not been kind to people who walk around in dark skin, we have to sometimes do what we need to do for ourselves," said Dr. Rhonda Britton of the Cornwallis Street Baptist Church in an interview Thursday. "It is always out of community that movements are birthed, that revolutions happen. We come together ... just like a family around their dinner table."

The African United Baptist Association, which represents



Police investigate the homicide of Terry Izzard on Cragg Avenue last week. JEFF HARPER/METRO

19 churches across Nova Scotia, has called for a "State of Emergency" meeting at Halifax North Memorial Public Library Monday evening to give people an opportunity to express their feelings about the recent violence and propose community-based solutions.

"There has been something lost in community when it comes

to violence like this," Britton said. "With some people, you're just trying to get through the day, but for some others, it's very disturbing in terms of insecurity."

Britton says the idea for the session came from the community, and she wants its members to lead the discussion.

According to the pastor, coming together in small groups has

helped members of Britton's parish "relieve pressure" and process some of their grief for the victims.

Given the urgency of the problem, Britton says it's time for a large-scale "family" gathering to discuss ways the community can help ensure no more lives are taken at the hands of violence.

"We want to encourage the

community to take some responsibility in terms of what we can do," Britton said. "It may just be small things ... but lots of times, small things lead to large impacts."

Britton says the conversation may expand to include voices outside the community, including the media, which isn't invited, but "it starts first with us."



**Dr. Rhonda Britton of the Cornwallis Street Baptist Church.** METRO FILE

## + 2016 HOMICIDES

**More than half black men**  
Halifax has seen 12 homicides so far this year, three of them over the span of nine days this month.

Seven of the homicide victims have been black men, six of them under the age of 30.



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## GOVERNMENT

## Dead whale removed amid fear of bursting

The Nova Scotia government has removed a foul-smelling whale carcass from a beach following appeals from a councillor who feared the rotting remains would explode on unsuspecting passersby.

Gary Mattie, a councillor in Antigonish County, had been trying to get the whale removed since a woman on Tracadie Island recently found it on the shore.

He said officials with the department told him it couldn't be removed because it's in a protected area and machinery couldn't be brought onto the beach.

Mattie said he was concerned methane gas produced during decomposition could cause the

whale to blow up unexpectedly.

"People are curious and if they go there to take pictures and whatever ... we don't know when it could happen," Mattie said.

He also said the foul odour the carcass is giving off could attract other animals to the area.

A spokesman with the Natural Resources Department said in a statement Thursday that staff had disposed of the animal.

"Given this is a protected beach, the department thought it appropriate we take the time to consider all relevant factors," Bruce Nunn said in the emailed statement.

"It was done first thing today. The whale has been dealt with."

THE CANADIAN PRESS

“Given this is a protected beach, the department thought it appropriate we take the time to consider all relevant factors.”

Bruce Nunn

## EDUCATION

## Enhanced mental health care for youth



**Yvette d'Entremont**  
Metro | Halifax

A program launched at Saint Mary's University on Thursday morning will give post-secondary students access to improved mental health literacy and on-campus mental health care.

The 'Pathway through Mental Health Care for Postsecondary Settings' program is led by Dr. Stan Kutcher, an expert in adolescent mental health.

The three-year initiative is supported by more than \$600,000 in funding from

Medavie Health Foundation.

In a media release, Medavie said the initiative "will build on proven youth mental health components to create, evaluate and disseminate a comprehensive and effective campus mental health framework."

It will be field tested at postsecondary campuses in Nova Scotia and Prince Edward Island and could serve as a model across Canada and internationally.

Participating institutions include Mount Saint Vincent University, Saint Mary's University, St. Francis Xavier University, Nova Scotia Community College, and Holland College.



Premier Stephen McNeil, right, chats with Terry Paul, chief of Membertou First Nation, in Halifax on Thursday. THE CANADIAN PRESS

# Apology for legal brief accepted by Mi'kmaq

## FIRST NATIONS

## Chief says they are fortunate for government willing to listen

Nova Scotia Mi'kmaq chiefs have accepted an apology from Premier Stephen McNeil for a controversial government legal brief that implied members of a First Nation band are a conquered people.

McNeil made the apology Thursday during a meeting between chiefs and the provincial cabinet at the Nova Scotia

Archives.

"They (the government) certainly don't have the same views as what's been said in the court," Membertou Chief Terrance Paul said following the meeting.

"We appreciate that. The premier has apologized and the chiefs have accepted that and we are very fortunate to have a government that is willing to listen to the Mi'kmaq."

McNeil had previously distanced himself from the brief, which had been presented as part of the government's case in an appeal by the Indian Brook band of its approval of the plan by Alton Gas to store natural gas in salt caverns near the Shuben-

acadie River.

Indian Brook had argued the province has a duty to consult. The legal brief presented by government lawyer Alex Cameron said the Crown's obligation to consult extended only to "unconquered people," and that a band's submission to the Crown in 1760 negated its claim of sovereignty and negated government's constitutional duty to consult.

That position sparked an outcry and accusations the government had set back relations with First Nations people.

"The words that were attached to a brief that went before the court were not mine and were not my feelings," said McNeil. "I

am grateful for the reception I received from the chiefs."

During Thursday's meeting, the provincial archives displayed the original documents associated with the early peace and friendship treaties between the Mi'kmaq and the Crown.

Chief Sidney Peters, co-chair of the Assembly of Nova Scotia Mi'kmaq Chiefs, said it was a fitting way to mark the meeting with the cabinet.

McNeil said a review was continuing in the Justice Department to find out how the brief was originally filed in court in July without either he or Justice Minister Diana Whalen signing off on it. THE CANADIAN PRESS

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# Halifax 'hitting its stride'

## CHAMBER OF COMMERCE

### Mayor focuses on good news during state of city address



**Jen Taplin**  
For Metro | Halifax

Mayor Mike Savage delivered the state of the city address to members of the Chamber of Commerce at a hotel ballroom Thursday. Heavy on the good news and optimism, Savage said during the speech that Halifax is strong and growing.

#### Economy

Halifax's economy has grown leaps and bounds, Savage was happy to report.

In 2012, the city was 10th out of 13 in Conference Board's list of growing cities. Last year it jumped to third and is forecast to hit the silver medal position in 2016.

It has a lot to do with growth in construction and manufacturing, he said, and the 1,400 people at work at the Irving Shipyards.

"Buoyed by its renewed sense of confidence, Halifax is hitting its stride, transforming rapidly into a more modern, progressive city with different places to live and cool places to work," Savage said.

Halifax Partnership's business confidence index last spring was at its highest level since it began measuring in 2011, Savage said. It's important because invest-



Mayor Mike Savage speaks to Metro Halifax in this photo taken last month. JEFF HARPER/METRO

ment follows confidence, he said.

"You remember when we all scoffed at the possibility of seeing an IKEA again. But here I am presenting the allen key of the city to the IKEA presidents," Savage said, gesturing to a photo from the announcement in January. "Meatballs will be here before you know it."

#### City taxes

Savage promised the business audience to reduce bureaucratic barriers and keep a firm hand on

commercial taxes.

"Far too often we've heard stories of the entrepreneur spirit that built this city being dampened by burdensome regulation and outdated business processes," he said. "Folks, we have too much red tape."

Savage said municipal staff will work with the province to reduce the burden of municipal regulation. The province recently gave HRM greater autonomy on how they levy commercial tax, but making tax decisions are

never easy, Savage said.

"What helps one, invariably hurts another. Still I'm confident that we have the political will on our council to make real change," he said.

#### Population/immigration

It used to be something Halifax could only dream of, but now, Savage said more young people and immigrants are staying here.

In 2014-15, there was a net gain of 2,550 25-39 year olds. Savage said it's the demographic

cities across North America are competing to attract.

"Already we're rewriting the narrative of young people leaving, something that seemed beyond our reach a few years ago," he said.

And immigration retention rates are higher than they've ever been, he said.

"We need to give all newcomers a better chance."

#### Near-future projects

There's a lot to look forward to,

Savage said.

The Cogswell Interchange, after years of talk, will now see action. Savage promised green space and housing transit connectivity where there is now concrete and asphalt.

The Macdonald Bridge Cycling Commission will encourage more people to cycle and the Integrated Mobility Plan and Green Mobility Plan will further shape the city.

The Discovery Centre is almost finished, and Dalhousie University is gearing up for major building projects and expansion.

Like the upcoming We Day, Halifax is home to a lot of events, but more can be done, Savage said. "We have so many events now but we are actively working with Destination Halifax and businesses ... to develop a strategic marketing plan that brings more people."

#### Recent violent crime

It's a topic that couldn't be ignored when looking at the state of the city: three murders within nine days.

"These are not losses just for some people in some neighbourhoods. They are our collective loss and our shared responsibility," Savage said.

The connection between crime, poverty and education are well understood even if addressing the problem has been difficult, Savage said.

"I've always believed economic development enables all other priorities. As we achieve future growth, I believe we need to ensure more people share in Halifax's success, to find opportunity and to find hope."

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# Citizens in need among mayor's 'top priorities'

## STATE OF THE CITY

### United Way, other groups involved in decisions



**Jen Taplin**  
For Metro | Halifax

It's time, said Mayor Mike Savage, to take a community-wide approach to poverty.

He announced his plans for an anti-poverty plan during a state of the city address to the Chamber of Commerce Thursday.

"As winter approaches we know some of our citizens sleep in the streets, food banks are struggling against growing demand, and as many as one in four families is challenged to afford basic housing," he said.

Savage said he will work with the provincial government, the United Way and others to come up with a comprehensive plan to present to council.

"I may be coming to you to ask for your help," he told the business community to supportive applause.

Sara Napier of United Way Halifax said this plan is something needed for the city and they are looking forward to being a key player at the table.



Christmas boxes get filled with food by volunteers at the Parker Street Food and Furniture bank. JEFF HARPER/METRO FILE

“Addressing root causes of poverty is really where we need to be.” Sara Napier

Napier said it's too early to tell exactly what role United Way will take on, but the organization often acts as a host which understands community needs and how to address them.

One in eight people in Halifax are living in poverty, Napier said, and the city has 1,700 shelter users in a year on average. She says there are issues related to income, life stress

and social isolation.

"There are so many things that make up a poverty equation," said Napier. "From our point of view all the issues in our community are integrated, and addressing root causes of poverty is really where we need to be."

In an interview Savage said wants to start with an in-depth

look at poverty in HRM and come up with strategies. The plan will cover affordable housing, food security, education and other factors. He added it's one of his top priorities for the upcoming year.

"The city is doing great," he said. "But not everybody is getting a share of that."

- WITH FILES FROM ADINA BRESGE

## MUNICIPALITY

### Council plans for next four years

At a committee of the whole meeting Thursday, regional council took a look at the big-picture strategies for the next four years.

City staff gave councillors a rundown of the current state of pretty much everything including crime, economic development, transit, recreation, and snow removal. They also presented council with a strategies planning framework and priority outcomes for the next four years.

Coun. David Hendsbee said people are looking for tangible items like rural economic development and construction projects, not policy direction. Chief Administrative Officer Jacques Dube responded by saying this is the high-level strategy which will set the tone for the next four years.

Councillors suggested several wording changes to the mission statements. Coun. Lindell Smith pointed out using the word 'customer' is not enough to reflect that the citizens they serve are people.

Coun. Wayne Mason suggested several amendments. He said the municipality needs to move faster on pilot projects like bike lanes for example. He said recognizing moving faster increases the risk of failure but he's fine with that.

Coun. Tim Outhit said no way. "I'm fine with speeding things up and cutting red tape but I'm not OK with failure," he said, adding he's unwilling to do away with due diligence.

JEN TAPLIN/METRO

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# One in five children live in poverty here

SOCIAL JUSTICE

**Report shows inequity across province, and wage challenge**



**Adina Bresge**  
For Metro | Halifax

More than one in five children in Nova Scotia were living in poverty in 2014, the highest rate of the Maritime provinces, according to a Canadian Centre for Policy Alternatives report.

The report, released Thursday, found that Halifax Regional Municipality had the lowest child poverty rate of areas in the province at around 19 per cent, but also revealed startling inequities within the city.

Halifax had the highest child poverty rate in the municipality at more than 28 per cent, according to the report, followed by Dartmouth with close to one-quarter of children living in low-income homes.

More than one in five children Lower Sackville were reported to be living in poverty in 2014, roughly twice the child poverty rate of neighbouring Middle Sackville at about 11 per cent.

The child poverty rate appeared to dip in the municipality's outlying suburban areas, the report found, the lowest of which being Hammonds Plains at five per cent.

The report suggests that

**37,450**

Number of children in Nova Scotia living in poverty in 2014.

**18.8%**

Child poverty rate in the Halifax Regional Municipality.

**\$20.10/hr**

'Living wage' needed to raise a family in Halifax, roughly twice Nova Scotia's current minimum wage.

SOURCE: CANADIAN CENTRE FOR POLICY ALTERNATIVES

the minimum wage in Nova Scotia — \$10.70 an hour as of April — is roughly half the "living wage" needed to cover the costs of raising family in

Halifax as calculated by the CCPA in 2015, raising questions about whether full-time work is an actual "pathway out of poverty."

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# Ten doctors face probe for opioid prescriptions

## HEALTH

## Province had 49 deaths from overdoses this year

Ten Nova Scotia doctors are being investigated for irregularities in their prescribing practices for highly addictive opioids, as a monitoring system documents over 5,000 patients receiving dosages higher than recommended levels.

The complaints were forwarded by the province's prescription monitoring system to the College of Physicians and Surgeons between Jan. 1, 2015, and last week, and include prescribing problems with painkillers ranging from fentanyl to oxycodone.

Mike Flynn, the director of the monitoring program, said complaints are based both on reports from the public and a "risk scoring report" from a database that monitors doctors' prescribing practices.

The "risk scoring report" system was launched in 2015, and Flynn says in an email there have been more reviews since that system came into being.

There were seven complaints forwarded to the college in the two years before the latest numbers.

The college's registrar wasn't available for comment, but a spokeswoman for the self-



Dr. Robert Strang, Nova Scotia's chief medical officer, says a committee has been set up to consider what to do about over prescribing of highly addictive opioids including fentanyl, above, by doctors in the province. THE ASSOCIATED PRESS

regulatory body said any discipline resulting from the complaints will be publicized on its website.

Dr. Robert Strang, the province's chief medical officer, said in an interview that the province has set up a committee to consider what to do about over prescribing of opioids by doctors. The province has had at least 49 deaths from opioid overdoses this year.

In British Columbia — where

# 5,248

Number of patients in Nova Scotia receiving dosages considered to be above the "best practice" guidelines.

a public health emergency has been declared due to a surge in opioid overdose deaths — the

college has already adopted mandatory standards for doctors, including documenting discussions with their patients about the benefits of alternative pain treatments.

The rules also require doctors to prescribe the lowest effective dosages and have ongoing reassessments that include urine testing to ensure the drugs are ingested.

Strang said Nova Scotia may consider similar measures, but

will await the completion of national guidelines for prescribing opioids early in the new year.

Concerns about doctors' prescribing habits came into the public eye earlier this year when a doctor in Bridgewater, N.S., was charged with drug trafficking. Police have alleged Dr. Sarah Dawn Jones provided 50,000 opioid pills to a hospital patient who never received them. THE CANADIAN PRESS

## SEX OFFENCES

## Child abuser awaits sentence

A 73-year-old Sydney man will be sentenced in January after pleading guilty this week to 15 sex offences involving children.

The offender pleaded guilty to seven counts of invitation to sexual touching, four counts of sexual assault, three counts of sexual interference and a single count of possession of child pornography.

The offences occurred in Sydney between 1993 and 2014 and involved five girls and two boys. The majority of the victims were under the age of 14 at the time of the offences.

The offender was initially charged with 28 offences but at the outset of a Supreme Court judge-alone trial Monday, the Crown filed a new indictment alleging 18 offences.

Justice Frank Edward heard testimony from three police officers along with one other witness before the Crown requested an adjournment Wednesday.

In returning to court after the lunch break, prosecutor Gerald MacDonald told Edwards there would be a change of direction and that the accused had agreed to plead guilty to 15 offences.

The offences involved sexual intercourse, touching and fondling of genitals and ordering that some of the victims touch each other.

Some of the victims were present in court for the entering of the pleas along with members of the offender's family.

TC MEDIA

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# Installation begins on Bluenose rudder

## HERITAGE

### Total bill for restoration expected to reach \$25M

Work is underway to replace the heavy steel rudder on the Bluenose II, as the iconic schooner's problem-plagued restoration finally appears headed toward a conclusion.

Transportation Minister Geoff MacLellan said Thursday that contracts were finalized this week with several Nova Scotia companies. The work is starting immediately in Lunenburg, with sea trials also being done in the off-season.

The province says the bill for the overall rebuild will end up at around \$25 million, following a series of technical problems, cost overruns and delays of more than four years.

Snyder's Shipyard will con-



When the restoration was announced in 2009, the budget was set at \$14.4 million. JEFF HARPER/METRO FILE

struct and install the wooden rudder, while Lunenburg Industrial Foundry and Engineering will provide the berth. Canadian Maritime Engineering will fabricate rudder components, but

it hasn't yet been determined who will provide the manual steering gear.

MacLellan said the contract was awarded without a competition because of the expertise available

## + SIGNIFICANCE

A study released in March called for a replacement of the three-tonne steel rudder on the vessel.

Experts warned the weight would change the shape of Canada's sailing ambassador and shorten its life.

in Lunenburg.

"We're confident in the decision and in (Snyder's) abilities. They are the best in the business and they deserve this opportunity, and that's why we sole-sourced it to them."

MacLellan said there was no estimate on how much the rudder replacement would cost because such things as the time it will take to do the job are unclear.

"We are probably in the \$500,000 range," he said.

THE CANADIAN PRESS

## CANADIAN CURRENCY

### New 'Famous 5' your bill-design finalists

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8, when the winner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to receive a bachelor's degree in electrical engineering and a master's in aeronautical en-

gineering.

Also on the list is track-and-field athlete Bobbie Rosenfeld, who won a silver and gold medal at the 1928 Olympics and went on to become a sports columnist, and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

The Bank of Canada says the list was selected from 461 eligible nominees submitted by Canadians.

An independent advisory council reduced that to a long list of 12 before further cutting the number to five for consideration by Finance Minister Bill Morneau.

THE CANADIAN PRESS

## WEATHER

### First snowfall looms

Halifax will likely see its first snowfall of the year this weekend.

According to a weather statement from Environment Canada on Thursday afternoon, a low-pressure system will approach the Maritimes

on Saturday from the coast of New England.

The system will bring rain and snow over the province Saturday night and Sunday, while areas of western and northern mainland Nova Scotia could see a period of heavy wet snow. METRO

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# Treating trauma with ecstasy drug

## SCIENCE

## Promising mental health results in first Canadian trial



**David P. Ball**  
Metro | Vancouver

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they



**Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada.** JENNIFER GAUTHIER/METRO

were never able to talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood

abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic

site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

"We're facilitating a healing process, not just a treatment of symptoms," explained Dr. Allison Feduccia, MAPS' clinical trial leader.

"Some people have been hurt by other people so much that they may not even want to let anybody else in," she told Metro. "MDMA facilitates an empathetic rapport between the therapists and the participants."

MAPS Canada chairman Mark Haden, an adjunct professor UBC School of Population and Public Health, told Metro that the Vancouver experiment is being formally wrapped up this week and another site in the city is being considered for the next phase of their research. So far, MAPS-supported scientific research — much of it crowd-funded on the Internet — has treated more than 100 severe PTSD cases.

"Most PTSD therapy takes years," Haden said in an interview. "We do it in three months."

## POLITICS

## Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef told a news conference.

The voting reforms come as an all-party Commons committee wraps up its hearings into an overhaul of Canada's electoral system, with recommendations due by the end of next week.

The Liberals promised during the 2015 election campaign that it would be the last held



**Maryam Monsef speaks in the House of Commons in Ottawa last week.** THE CANADIAN PRESS

under Canada's traditional first-past-the-post voting system. But they've resisted calls for a national referendum on any fundamental change, such as a switch to a form of proportional representation in which a party's share of MPs in the Commons more closely matched its share of the popular vote.

Monsef repeated her concern Thursday that referendums are costly and "divisive" — even as media reports suggested the committee may indeed recommend exactly that.

THE CANADIAN PRESS

### IN BRIEF

#### Netflix pushes back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public

consultation on homegrown content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster. THE CANADIAN PRESS

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metroNEWS World

19

## Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably coexist. What about people with different facts?

ROSEMARY WESTWOOD  
From the U.S.



A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of fake news that became, during this election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less

influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero foreign-policy experience. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and

factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the a White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

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20 Weekend, November 25-27, 2016

World metro NEWS

## Deck the halls with boughs of Donny

### U.S. POLITICS

**\$150 ornament tries to make Christmas great again**

Guaranteed to make wallets a lighter and Christmas trees a little ... er, redder, comes an ornament from the Trump-Pence collection.

The Trump Make America Great Again website — which says it is a joint fundraising committee authorized by and composed of Donald J. Trump for President, Inc. and the Republican National Committee — features a new bauble.

That famous red hat with the "Make America Great Again" slogan is now a "Red Cap Collectible Ornament," at a sizzling \$149 US excluding tax and shipping.

The description boasts: "Get in the Christmas spirit with your very own Make America Great Again Red Cap Collectible Ornament."

Made of brass and finished in 24-karat gold, this ornament is sure to make any tree stand out."

According to several news outlets, the campaign announced the trinket's sale in an email to supporters that said the president-elect



"makes a point of proudly saying 'Merry Christmas' every chance he gets." While Canadian Trump fans may not be able to buy this knick-knack from the U.S. fundraising website, they can get a less shiny version from Amazon — 14-karat gold and \$250 US.

TORSTAR NEWS SERVICE



**UNUSUAL SNOW IN TOKYO** People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AP/GETTY IMAGES

MORE PHOTOS ON THE METRO APP

metro NEWS Business

Weekend, November 25-27, 2016 21

## Top execs push PM on climate policy

### ENVIRONMENT

**Trudeau and premiers urged to show 'bold leadership'**

Canadian corporate executives whose companies together employ more than a million people are urging Prime Minister Justin Trudeau and the premiers to press ahead with collective climate action, including putting a price on carbon emissions.

An open letter to the first ministers was released Thursday morning ahead of a planned meeting early next month in Ottawa, where the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories.

"Canada has a history of taking far-sighted policy actions to capitalize on the opportunities created by global economic change," says the letter.

"The time is right for the same kind of bold leadership."

The 60-plus signatories include business leaders representing oil and gas, mining, forestry products, cement making, aluminium smelting, information technology, banking, grocery retail and building materials. Together, their businesses have revenues exceeding \$300 billion annually.

Through the Smart Prosperity Institute based out of the University of Ottawa, they've made common cause with clean energy associations, environmental advocacy groups, organized labour and environmental think tanks.

Their common message is that enlightened self-interest dictates Canada strive to be at the front of the pack as the global economy makes a historic shift. That includes putting a price on CO2 — "the most cost-effective way to reduce emissions, stimulate innovation and drive energy efficiency," says

the two-page letter.

Michael Crothers, the president of Shell Canada, said the open letter was conceived in September — before the election of U.S. president-elect Donald Trump shook the climate policy world — and is aimed less at the premiers than at fostering discussions with other industrial sectors across Canada. "I've had a few with peers in our (oil and gas) sector but also with other business leaders," he said. "It really starts to help crystallize into the implementation phase what are some of the key issues that people are concerned about, and how can we address those."

As the letter states, revenues from carbon taxes can be used to help vulnerable households but also to help "businesses to remain globally competitive while making the low carbon transition."

THE CANADIAN PRESS

60

The number of business executives who signed the open letter to the first ministers.



**Prime Minister Justin Trudeau and the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories at a meeting early next month in Ottawa.**

AP/GETTY IMAGES

### EMERGENCY FUND

**Half of Canadians not ready for crisis**

An emergency fund is meant to be there in times of need, but a survey suggests half of Canadian homeowners would be ill prepared for a personal financial dilemma such as job loss.

The poll released Thursday by Manulife Bank found that 24 per cent of those surveyed don't know how much is in their emergency fund, 14 per cent admit to not putting away any funds and nine per cent only have access to \$1,000 or less. The remainder of those surveyed have up to \$10,000 saved, with the average amount being \$5,000.

Manulife Bank chief executive Rick Lunny says not having three to six months of expenses set aside can lead to desperation if you need to access money right away.

Lunny noted that instead of taking advantage of the current low-interest rate environment to save money, the poll suggests that many homeowners are using it to buy more expensive homes.

THE CANADIAN PRESS

### IN FRANCE

**Elderly woman murdered in home for retired monks**

French police were searching for a gunman after an elderly woman was stabbed to death in a retirement home for

monks in southern France, officials said Friday.

The suspected attacker, believed to be armed with a shotgun and a knife. His identity and motive were

unclear.

The press service for the gendarmes, or military police, couldn't say whether the incident was linked to a terrorist act. THE ASSOCIATED PRESS

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Steampunk Edition

# SCIENCE

Your essential daily news

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses



DECODED by Genna Buck and Andrés Plana

## CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**

### How it works

Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

### The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

### What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.

### FINDINGS Your week in science



#### DEADLY WEATHER

From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules minuscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

#### SOUND SMART

# GLASS

#### DEFINITION

**Glass** is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**: The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

#### USE IT IN A SENTENCE

Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

#### PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

## A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a pod-casts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer

Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least

casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for

example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question? Tweet @genna\_buck

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Moana, voiced by newcomer Auli'i Cravalho, is an adventurous free spirit who is part of the new independent group of Disney princesses breaking the mould. SUPPLIED

## The evolution of a princess

FILM

### Moana follows the brave new breed of girl heroines

**Richard Crouse**  
For Metro Canada



Once upon a time a movie princess was a damsel in distress, swathed in pink and jewels, waiting for Prince Charming to come to the rescue.

Lately, however, the movies have given us a different kind of princess, one who is more into girl-power than girly-girl. This weekend Disney helps re-

define their traditional princess in their 56th animated feature film, *Moana*.

The 13th official Disney princess is inspired by Polynesian mythology. Sixteen-year-old Moana (voiced by newcomer Auli'i Cravalho) is a natural born navigator with a mystical connection to the ocean and all its creatures who goes on a sea quest to find a mysterious island. She's adventurous, but as Maui (voiced by Dwayne Johnson), reminds her, "You're the daughter of a chief and you're wearing a dress: you're a princess."

Moana isn't the first movie to shatter the stereotype of the pretty pink princess. "All these Disney heroines, the princesses, they're a product of their time," Maleficent screenwriter Linda

### MOVIE RATINGS by Richard Crouse

**Moana** ★★★★★  
**Allied** ★★★★★  
**Rules Don't Apply** ★★★  
**Celtic Soul** ★★

**HOW RATING WORKS**  
★★★★★ SEE IT  
★★★★ WORTHWHILE  
★★★ UP TO YOU  
★ SKIP IT

Wolverton told the Associated Press. "The princesses of the 1940s and '50s, were the best of what a woman should be then: You're the good girl. You took abuse and through it all, you sang and were nice. But we're not like that anymore. We kick ass now."

According to Roger Ebert, Ariel, the teenage mermaid princess of *The Little Mermaid*, "is a fully realized female character who thinks and acts independent-

ly, even rebelliously, instead of hanging around passively while the fates decide her destiny."


In other words, she still marries her prince charming, but for the first time a Disney princess gave a lesson in independence and had a hand (or fin) in deciding her fate. The success of that movie led to a new batch of princesses who were empowered and could look after themselves and others. Jasmine, the daughter of the wealthy Sultan

of Agrabah and the princess at the heart of *Aladdin*, didn't fight off invaders but did do something that made her unique in the Disney princess world. Tired of life in the royal palace, instead of waiting for rescue, the independently minded aristocrat made her own way, even deciding to marry a commoner rather than a prince.

Mark Andrews, the co-director of *Brave*, the story of a Celtic princess who rebels against her mother and escapes from castle life, calls the movie's lead character "an anti-princess." The Princess and the Frog's Tiana, the first ever African-American princess lead in a Disney film, is also an ambitious character in a way that would have been unthinkable in Snow White's day.

More recently the phenomenally successful *Frozen* was the story of two royal sisters, the Princesses of Arendelle, Anna, a spirited adventurer, played by Kristen Bell and Idina Menzel's Elsa, a cryokinetic queen with the awesome power to manifest ice and snow. Like Carrie, but colder. Both are powerful, determined women, but the real twist here is in the definition of the true meaning of love. There's a male hero, but the real love here is between the two sisters.

When you think about movie princesses a few names come immediately to mind: Snow White, Cinderella, Aurora and Belle. This fab four have come to define what being a movie princess is all about. Or at least they used to.

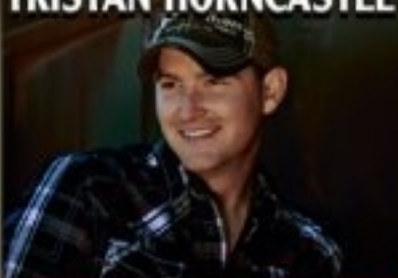


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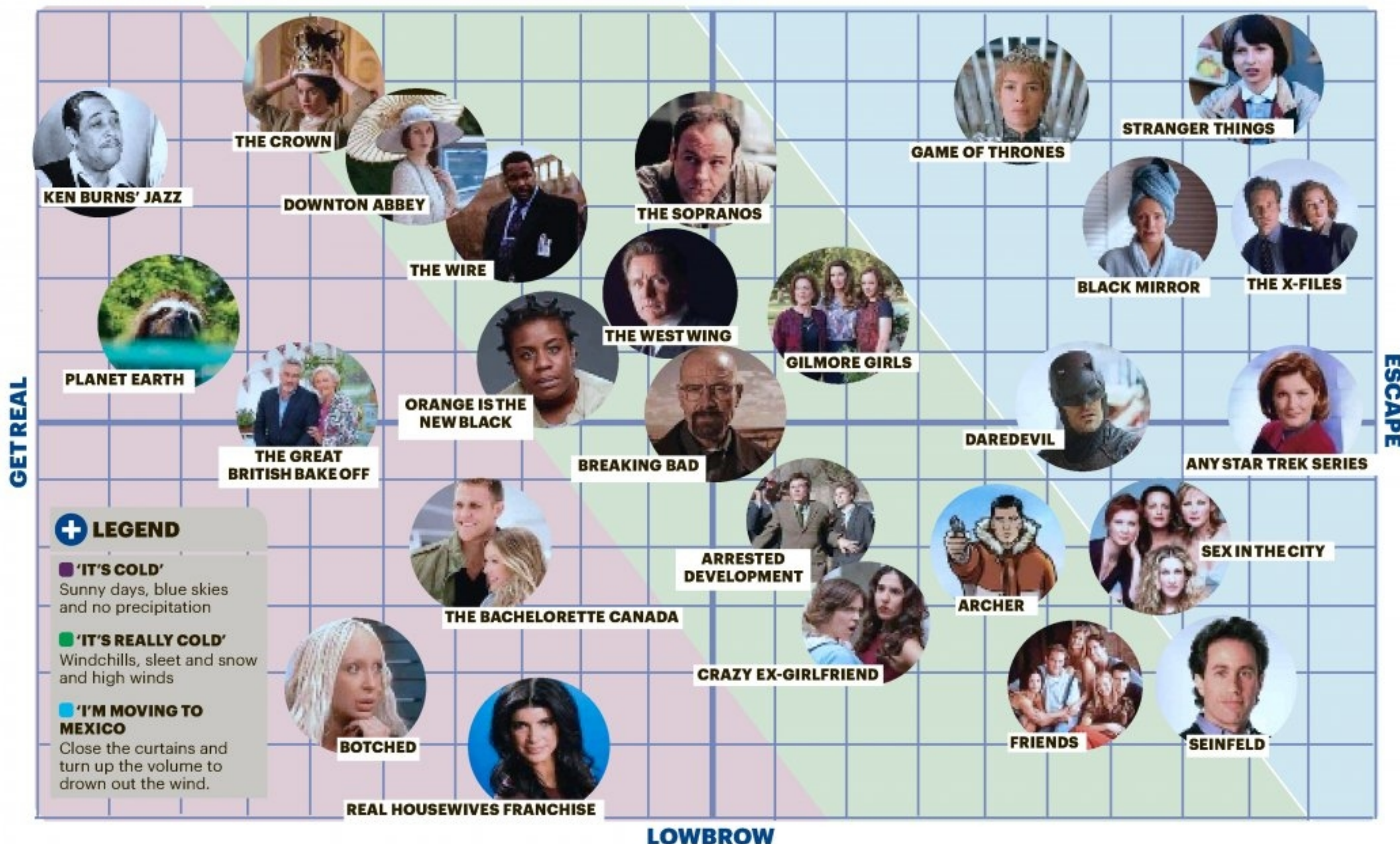
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# CHARTED LET THE BINGING BEGIN

While the U.S. is in the midst of celebrating its Thanksgiving weekend, Canadians are prepping for an equally important national event — the start of **binge-watching season**. The nights are longer, the weekends are colder, and there is nothing better than curling up on the sofa under a warm blanket. (Hey, Netflix got the memo, deciding to release four new episodes of the much-loved *Gilmore Girls* this weekend.) Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** Here is our guide to help you survive the next six months. **METRO CANADA**

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3	9	4	2	1	5	7	6	8
6	8	5	9	7	4	3	1	2
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**Mercy**
- 4 Ariana Grande  
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- 3 Hedley  
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**Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, she has become a bit of a rock star.** ANDREW FRANCIS WALLACE/TORSTAR/GETTY

# Hawaiian teen rides a wave of Moana mania

## INTERVIEW

### Like her Disney self, newcomer Auli'i Cravalho sets few limits

**Chris Alexander**  
For Metro Canada



With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave,

strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'i Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head

around any of this."

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of

fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now," she insisted.

"That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets."

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science."

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"

## FILM BRIEFS

### Miranda enjoys an ocean getaway from Hamilton

When Lin-Manuel Miranda needed a break from his American history phenomenon Hamilton, envisioning the crisp blue waters of Polynesia and Disney's animated musical Moana offered the perfect getaway.

Miranda is following up his Tony Award- and Pulitzer Prize-winning Broadway hit by contributing seven original songs for Moana. The writer-composer-actor was hired for the film before Hamilton hit, and said

working on Moana proved a respite from the Broadway frenzy.

"When I got sick of doing American history research, I'd go sail across the water with Maui and Moana," Miranda, 36, said. "And once the (stage) show was written and it was up and running, (Moana) was my oasis of calm in the Hamilton phenomenon."

Miranda said Dwayne 'Rock' Johnson, who voices



**Lin-Manuel Miranda**

Maui, needed no coaxing to sing. "It wasn't about getting him to sing," Miranda said. "It was meeting the challenge of: you've got this larger-than-life personality, how do you write a song worthy of that?"

Miranda-written songs include Moana's tune, "How Far I'll Go," the sweeping "We Know the Way" and the '70s glam-rock inspired "Shiny," performed by Jeanine Clement as a cranky crab. THE ASSOCIATED PRESS

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# Mehta dramatizes life of rapists

DRAMA

## Anatomy of Violence looks at brutality in New Delhi

Deepa Mehta was in New Delhi visiting her mother in 2012 when news broke of a horrific gang rape there.

Jyoti Singh, a 23-year-old medical student, was raped and beaten by six men for hours on a moving bus she was on with a male friend. She died two weeks later as a result of massive injuries sustained in the attack.

"There's something that's so visceral about this experience, about the thought of a young woman in a moving bus being gang-raped, and the bus is going around an area of Delhi, passing six police posts and nothing happens," Mehta, who grew up in New Delhi, said in a recent interview.

"What was horrific about the whole process was that they threw the young couple out of the bus naked and it took some time for the police



**“Let’s not kid ourselves, rape knows no class — rich people rape — it knows no geographic boundaries. It is based on patriarchy, power, misogyny, how we bring up our kids.”**

Deepa Mehta

to come and get them.”

Anatomy of Violence, which starts screening in select cities on Friday, is a fictional dramatization of the lives of the rapists.

The intent is to initiate a dialogue about the systemic issues, like misogyny and patriarchy, that lead to such violence and breed such individuals, said the acclaimed Indo-Canadian filmmaker.

"I do hope that it brings up discussion about how society is complicit in how we bring

up our children, the kind of education they have, the glass ceiling and how important equality is," said the writer-director of the Oscar-nominated Water.

Mehta said she also hopes to elicit a sense of empathy for the rapists.

"I don't feel compassion for them because they made a choice and they have to be responsible for that choice and that choice is a horrific, brutal choice," she said.

"I just think that if they



Mehta's detailed study was inspired by the real-life story of a woman who was raped and beaten by six men. CONTRIBUTED

hadn't been brought up the way they were, that girl would not be a victim, she would not be dead. That's food for thought, so why are people afraid of feeling that we're responsible for them being the way they are?

"You have to own up to it, otherwise there will always be the monsters, and monsters are so easy to dismiss. But if the monster is your brother, that's a problem."

Anatomy of Violence has a raw feel, with largely impro-

vised scenes in New Delhi depicting the lives of the rapists from childhood onward. Some of them experience childhood trauma including molestation, rape and abuse by family members, as well as poverty.

THE CANADIAN PRESS

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# An ode to Bogart and Bergman



Brad Pitt and Marion Cotillard slip into sumptuous period costumes to tell the story of two WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war. CONTRIBUTED

## FILM

### Allied is a hark back to bygone Hollywood era of big romance

In a world of franchises, reboots and comic-book films, the original espionage thriller *Allied* is a comparatively bold gamble for a studio. Glamorous, serious, and classically made (with a healthy dose of CGI), *Allied*, from director Robert Zemeckis and screenwriter Steven Knight, looks to harken back to a bygone Hollywood of David Lean epics and sweeping romances between larger-than-life movie stars.

In *Allied*, the would-be Bogart and Bergman are Brad Pitt and Marion Cotillard, who slip into sumptuous period costumes and settings to tell the story of a pair of WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war.

Their happy existence is put into doubt, however, when Max's (Pitt) superiors inform him that they suspect Marianne (Cotillard), now his wife and the mother of his child, is a double agent.

"It's rare that we can still do movies like this one — very deep love stories with original subjects and surprising stories," Cotillard said. "It is this very entertaining movie with very strong and powerful feelings and real questions about love and war." Zemeckis was pleased that his leads looked natural and of the

time in the clothes. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right."

The costumes, by Zemeckis and Steven Spielberg favourite Joanna Johnston, proved essential for the characters too. Cotillard calls her wares "another layer of the skin." She was also delighted to be sporting garments similar to her childhood idols like Ingrid Bergman and Katharine

Hepburn. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right."

for interviews in Los Angeles. The intrigue of one of the most high-profile celebrity divorces in recent years also became unexpectedly linked to the film when rumours circulated that he'd had an affair with Cotillard.

It wasn't helped when Paramount dropped the first trailer for the film just a few hours after news broke of the Pitt/Jolie divorce, seemingly suggesting a Mr. & Mrs. Smith in WWII angle.

Zemeckis insists was a coincidence and not a salacious way to drum up excitement, although he laughs that he knows no one believes that.

However the speculation spun so out of control that Cotillard, pregnant with her second child with longtime partner Guillaume Canet, resorted to issuing a statement to the press denying the rumours. Cotillard shrugged off a question about what that experience was like for her to go through. "I had nothing to deal with, seriously," she said. "I said everything I had to say about it. I'm not the one who is in the very complicated situation."

When asked about doing some promotion of the film without Pitt, Cotillard's publicist jumped in that they had nothing more to add on the subject.

"We love the movie. We are very proud of it and we're very proud to share it today with the audience and the media," Cotillard said after the interruption. Indeed, the audience is a big question for the film, which cost a reported \$85 million to produce.

THE ASSOCIATED PRESS

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CHRISTMAS

# Lohan misses UK town's light up

Lindsay Lohan has apologized to an English town for failing to keep a date to switch on its Christmas lights.

The actress posted a video on Twitter saying she couldn't attend Thursday's event in Kettering because of "my busy schedule."

Lohan's link to the town 80 miles (130 km) north of London began June 23, the night of Britain's European Union membership referendum. In a series of tweets about the

vote across Britain, she posted: "Sorry but Kettering where are you?"

The incident prompted local lawmaker Philip Hollobone to invite Lohan to switch on Kettering's festive lights.

Kettering Borough Council chief David Cook said local authorities "appreciate how hard she and her team tried to make this work and we were delighted to get a video message wishing us well."

THE ASSOCIATED PRESS



Lindsay Lohan. THE ASSOCIATED PRESS



**MARIJUANA POSSESSION MADONNA STANDS BY SON ROCCO RITCHIE AFTER REPORTED ARREST** Madonna says she is supporting son Rocco Ritchie after reports surfaced Wednesday that the 16-year-old was arrested for possession of marijuana in London. Madonna released a statement to The Associated Press Wednesday calling the September arrest "a family matter." She said: "I love my son very much. I will do whatever I can to give him the support that he needs, and I ask that you respect our privacy at this time." ELDSON CHAGARA/ELSON CHAGARA/THE ASSOCIATED PRESS FILE/GETTY IMAGES



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WILSONS HEATING

## Embracing the spirit of giving

Get ready for warm hugs: Giving Tuesday is right around the corner.

The special day traditionally takes place on the first Tuesday after Black Friday, this year occurring on Nov. 29. Its purpose is to kick off the holiday season and spread good cheer in the wake of a major shopping weekend.

Wilsons Home Heating is a family company that has wholly embraced the idea of Giving Tuesday. This month, Wilsons is looking forward to hosting another Spread the Warmth event on that day.

Volunteers with Wilsons will be out in Halifax asking for hugs from passersby. Each volunteer will be wearing T-shirts representing different charities. When they receive a hug, Wilsons will donate \$10 to that charity.

"We truly value giving back to our communities, so we wanted to take the opportunity to spread the warmth in a different way and encourage others to do the same," says Wilsons spokesperson Robyn Bruce.

This year, Wilsons will be hugging for the Nova Scotia SPCA, Feed Nova Scotia and Brigadoon Village.

The Nova Scotia SPCA advocates for the protection of companion animals, and operates shelters across Nova Scotia. Feed Nova Scotia distributes donated food to 147 food



CONTRIBUTED

banks across the province, helping raise awareness of and eradicate hunger in the community. Brigadoon Village is a year-round facility offering fun programming and sleepaway camps to children and youth with chronic illnesses, chronic conditions, or special needs.

"Stop by Scotia Square Mall or Victoria Park on Tuesday from 11 a.m. to 1 p.m. to come see us and hug for charity," Bruce says.

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# Black Friday, Cyber Monday are the new Boxing Day

## PEAK INTEREST

### E-tailers experience big surge of consumers

Camilla Cornell

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black



Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Can-

adians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Monday, but very few other Canadian online retailers did anything," she said. "But

this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as

big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

That's a common trend, ac-

cording to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than \$350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."



**We see a massive uptick of customers around this time**

Erin Young of Well.ca

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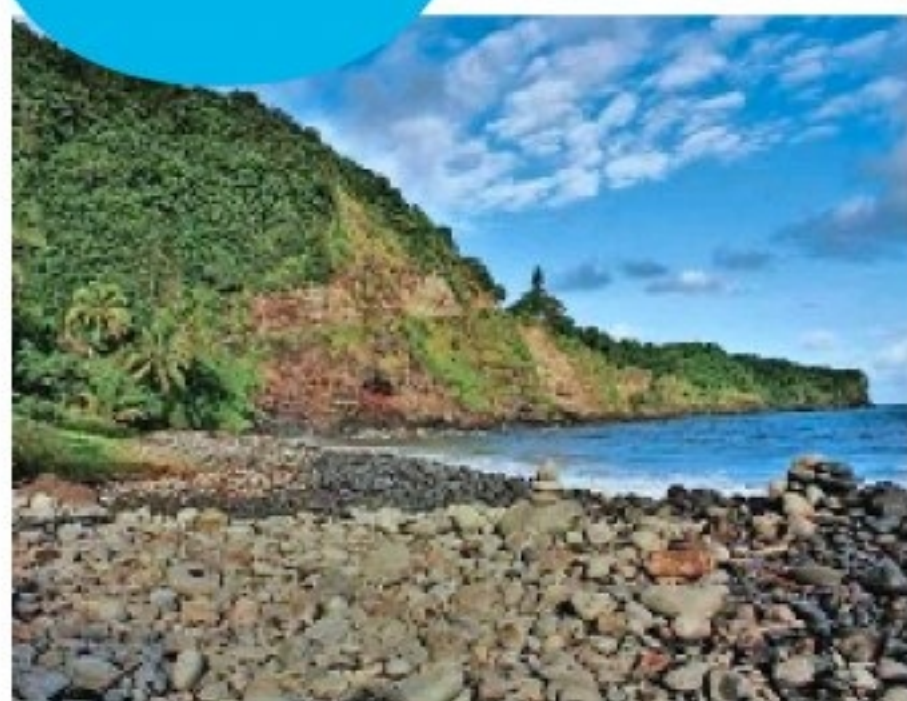




## 5 AMAZING EXPERIENCES IN MAUI

From taking in coastal views to perfecting your 'moon walk' at sunset, this popular Hawaii destination has no shortage of amazing experiences. If you want to get the full Maui oh-wowee experience, check out these sweet island spots:

CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



### 1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details:** [roadtohana.com](http://roadtohana.com)



### 2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this other-worldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details:** [gohawaii.com](http://gohawaii.com)



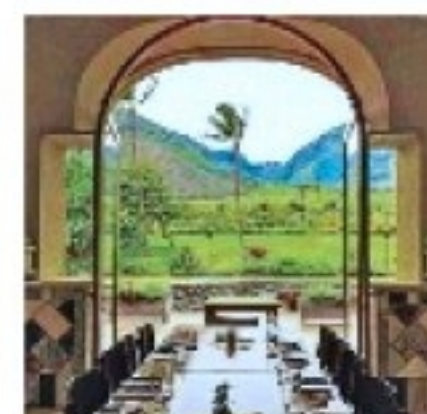
### 3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At \$58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details:** [mamasfishhouse.com](http://mamasfishhouse.com)



### 4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details:** [hawaiianpaddlesports.com](http://hawaiianpaddlesports.com)



### 5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details:** [mauitropicalplantation.com](http://mauitropicalplantation.com)

# BLACK FRIDAY



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# Coal baron's castle now a destination

VICTORIA

## Grand space built to show off owner's vast wealth

The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about \$20 million U.S. just before his death, left everything to



**Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate.** iStock

his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Joan Dunsmuir lived at Craig-

darroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and

seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the

**39**  
Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost \$200 in the 1890s

while homes in Victoria were ranging between \$300 and \$600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called *Spooky House*, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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"It's unbelievable, actually": LeBron James digs LeBron: The Musical, the recently released Internet video modelled after Hamilton: The Musical

## Mooseheads fall apart in third against Remparts

QM JHL

**Herd heads left hanging after strong effort comes up short**



**Dylan DesRoche**  
For Metro | Halifax

The Halifax Mooseheads had victory ripped from their clutches Thursday night as they fell 6-5 in a shootout to the Quebec Remparts.

Halifax's offence was again on fire, firing 47 shots at Remparts goaltender Callum Booth. Despite that pressure, the Mooseheads couldn't hold the momentum and Quebec rallied with two goals late in the third to tie the game.

Overtime wasn't enough and a shootout was needed. Halifax shooters, Max Fortier, Nico Hischier, and Jared McIsaac all failed to find the back of the net.

Quebec's Alexandre Drapeau scored the lone shootout goal with a nice wrist shot that went



**Mooseheads winger Keigan Goetz, right, battles for the puck with Quebec Remparts centre Zachery Moody on Thursday at the Scotiabank Centre.** JEFF HARPER/METRO

just over the glove of rookie net-minder Alexis Gravel.

Halifax has had a hard time holding leads this year, but it's something the team is working on according to defencemen Cooper Jones.

"I think that's what we need to work on, keeping some out of the net," said Jones, who scored his fifth goal of the season.

"I think we just need to have a mindset where we play the same way all sixty minutes."

Halifax managed to find some holes in Quebec's defence, which has been one of the league's best this season, allowing just 78 goals in 25 games.

But it was sloppy defensive play that was once again Hali-

fax's downfall, especially in the last 15 minutes when Halifax was up 5-3.

"I think we just didn't really play smart enough when we had that two-goal lead," said Bradley Kennedy, who scored his seventh marker of the season for Halifax.

"We were trying to push the offence still when we should have been thinking defence and then offence after."

"And we paid for it in the end," he added.

Gravel was a little shaky for the Mooseheads, allowing five goals on 26 shots.

Callum Booth, on the other hand, was spectacular for Quebec, making 42 saves.

Connor Moynihan, Jocktan Chainey and Nico Hischier rounded out the scoring for Halifax.

Jonathan Bourcier led the offence for the Remparts, scoring twice in regulation, plus the shootout winner, Philipp Kurashev, Matthew Boucher and Olivier Garneau had the other goals.

Halifax will have a few days off before the Moncton Wildcats come to Scotiabank Centre Sunday afternoon.

### IN BRIEF

**Cowboys blitz D.C. rivals**  
Dak Prescott accounted for two touchdowns, fellow rookie Ezekiel Elliott ran for a pair of scores and the Dallas Cowboys extended their franchise regular-season record with a 10th straight victory, beating the Washington Redskins 31-26 on Thursday.  
THE ASSOCIATED PRESS

**Pacioretty helps Habs weather Hurricanes**  
Max Pacioretty scored 14 seconds into the third period to break a tie and lift the Montreal Canadiens to a 2-1 victory over Carolina on Thursday night, ending the Hurricanes' five-game winning streak.  
THE CANADIAN PRESS

**Rooney rings up another Man United scoring record**  
Wayne Rooney surpassed Ruud van Nistelrooy as Manchester United's all-time top scorer in European competitions on Thursday, leading the English club to a 4-0 win over Feyenoord and keeping it alive in the Europa League.  
After scoring his 39th European goal in the 35th minute, Rooney also unselfishly set up Juan Mata in the 69th.  
THE ASSOCIATED PRESS

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# Redblacks hope this 'dog has its title day

2016  
**GREY CUP**

## Long odds in Sunday's game don't concern defiant Ottawa

The upcoming Grey Cup game between the Calgary Stampeders and Ottawa Redblacks appears to be a mismatch on paper. Calgary had 15 victories in the regular season while Ottawa had just eight. The Stampeders led all CFL teams with 586 points while the Redblacks allowed more points than they scored.

Odds makers initially installed Calgary as a nine-point favourite. That number has already

hit double digits at some sports books and could rise even more before kickoff. Few football observers are giving Ottawa much of a chance on Sunday evening at Toronto's BMO Field. That's just how Redblacks defensive back Abdul Kanneh likes it.

"We're not worried about the doubters," Kanneh said Thursday. "There have been doubters all year. That's what we like. We like doubters, we like being the underdogs." The powerhouse West Division had four teams finish the regular season with better records than Ottawa's middling 8-9-1 mark. The Redblacks still

earned the first seed in the East and beat Edmonton 35-23 in the division final.

Calgary, meanwhile, showed no rust in the West final. The Stampeders, who entered with a 15-2-1 mark, crushed the B.C. Lions 42-15. Redblacks offensive line coach Bryan Chiu knows first-hand that the slate is wiped clean for the championship game. He played for the Montreal team that entered the 2000 Grey Cup as a heavy favourite but lost to a B.C. squad that won just eight games in the regular season.

"The one thing about the Grey

Cup is it's not a best-of-seven, it's one game," Chiu said. "The ball is not round. You've got funny bounces. It's the ultimate equalizer in championship games. We're both here for a reason. I think both teams deserve to be here. But at the end of the day, the team that plays complete and with discipline will win it." Kanneh feels regular-season marks don't mean a thing at this point. Only two clubs remain in the post-season picture and both have an equal shot at the big prize.

"It's playoffs, it's win or go home," he said. "If you make it here, you make it here. There's a reason why you made it here."

"So it's all about that next game. Whatever you did in the past don't matter no more."

THE CANADIAN PRESS



Redblacks defensive back Abdul Kanneh hams it up for the cameras in Toronto on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

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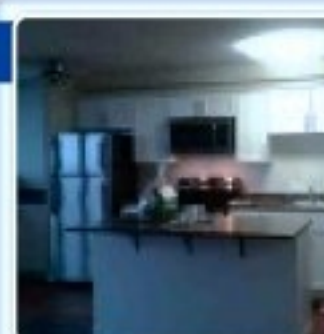
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# RECIPE Nicoise Pasta



PHOTO: MAVA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This pasta leans on ingredients you've got in your pantry.

## Ready in 25 minutes

Prep time: 5 minutes  
Cook time: 20 minutes  
Serves 4

## Ingredients

- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

## Directions

**1.** Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

**2.** In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

**3.** Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

**4.** Serve with a topping of grated Parmesan and fresh basil.

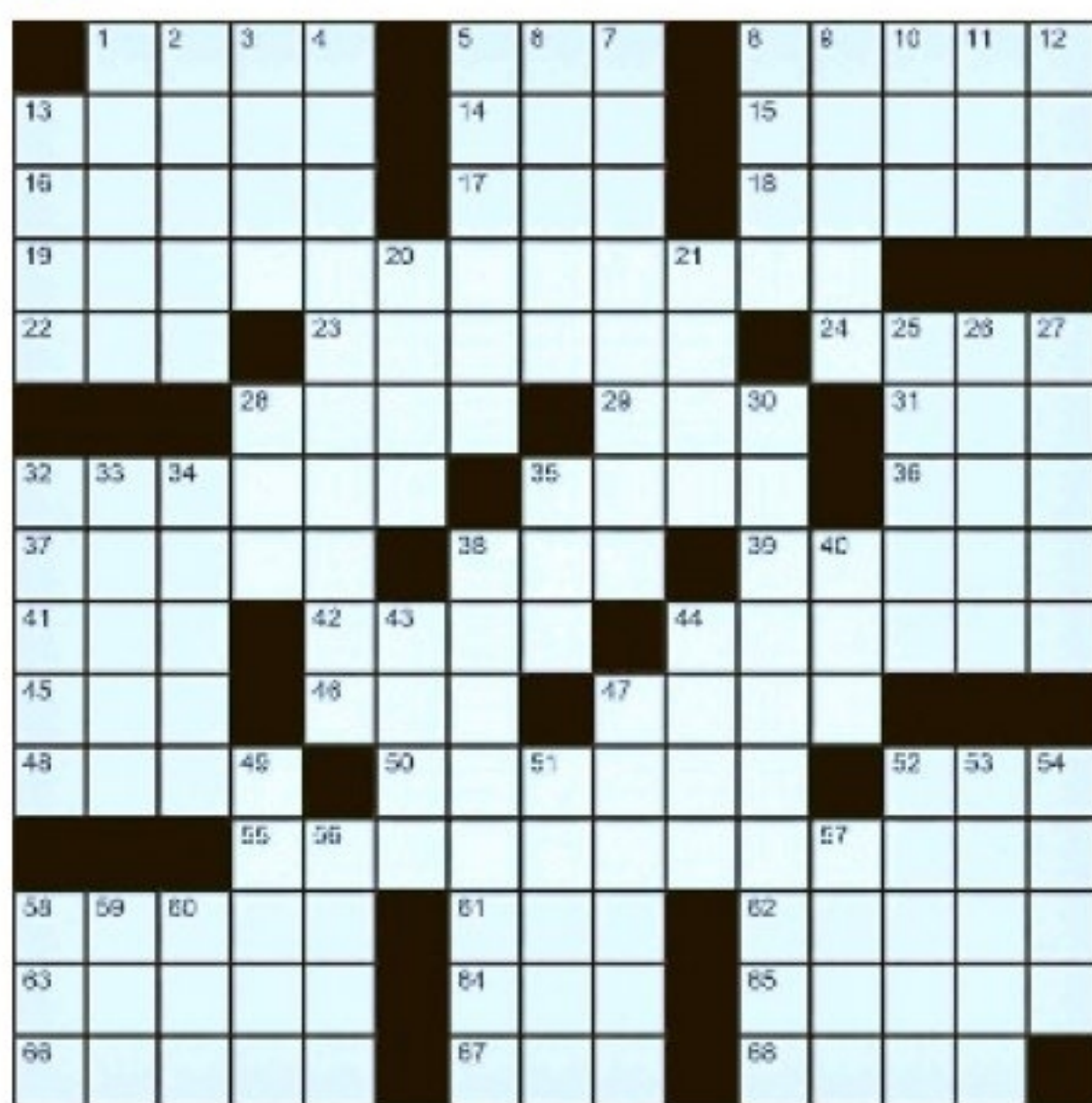
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- "SCTV" character Ms. Prickley
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- Ms. Osmond
- "\_ \_ \_" (Laura Petrie's classic TV catchphrase)
- Fish story
- One saying "Eww, gross.", say
- Celebrity chef on Food Network Canada (More at #4-Down!); 2 wds.
- Archaic-style suffix
- "\_ \_ \_ Alive" by The Bee Gees
- Morns-following times
- Pre-1917 ruler
- List stopper [abbr.]
- Calif. NBA team
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- Ship's figurehead site
- Sleeveless desert-wear garment
- Make corrections
- \_ Angeles
- Esau's biblical twin
- High card
- Gem of Australia
- Lizards like in GEICO commercials
- Mr. Beatty
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- Suffix with 'Game'

## DOWN

- Not \_ \_ (Not at all)
- Northwest Territories official tree, Tamarack \_
- David who played Joe Gerard on #62-Across
- Prince Edward Island's resident Food

- (Honour/role for #19-Across)
- Actress, Sarah Michelle \_
- Meadows flower
- Provincial leaders
- Eject, as energy, for example
- Country house in Russia

- Vex
- Fasten
- Feminine pronoun
- Roughly
- And others, commonly: 2 wds.
- Van Morrison's "the Mystic"
- Singer, Roberta \_
- No-no
- \_ of beef (Carnivorous portions)
- \_ can
- Canadian historical/wartime artist, \_ \_ (b.1869 - d.1951)
- Stood for something in a statement
- Host an event
- "Mr. \_ Goes to Town" (1936) starring Gary Cooper
- Washington insider, wee-ly
- Title for addressing a Peeress
- Perform
- Apple or pear, in botany
- Swallow soundly
- Studies
- Cook's need
- Gleamed
- "\_ on the Water" by Deep Purple
- Downy duck
- Santa \_ (Hot winds)
- Tilled
- "\_ \_ the jackpot!!!"
- Witty word
- English cathedral city
- Point

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

**Taurus** April 21 - May 21  
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

**Gemini** May 22 - June 21  
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

**Cancer** June 22 - July 23  
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

**Leo** July 24 - Aug. 23  
Pay attention to everything you say and do today, because this is an accident-prone day for you. You might blurt something out and later regret it, especially at work. Oops!

**Virgo** Aug. 24 - Sept. 23  
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

**Libra** Sept. 24 - Oct. 23  
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

**Scorpio** Oct. 24 - Nov. 22  
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit.

**Sagittarius** Nov. 23 - Dec. 21  
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

**Capricorn** Dec. 22 - Jan. 20  
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

**Aquarius** Jan. 21 - Feb. 19  
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

**Pisces** Feb. 20 - March 20  
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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